



# THE CENTER AT PRISCILLA PLACE



*Senior Center Serving Adults Age 55+*

**23 Priscilla Place • (203) 452-5199**

**JUNE 2018**

## Senior Commission Chairman

Amy DeZenzo (203) 261-0872

## Director of Human Services

Michele Jakab (203) 452-5144

## Administrative Assistant

Ashley Ryan Grace (203) 452-5199

## Senior Center Receptionist

Jeannie Franco (203) 452-5199

**Social Services** (203) 452-5198

Jennifer Gillis (203) 452-5133

## Food Pantry

Monica Vallejo (203) 452-5135

## First Selectman

Vicki Tesoro (203) 452-5005

## Karaoke Club

Do you have any interest in leading a karaoke club and/or playing Wii bowling?

If so, please contact Ashley Grace at (203) 452-5199



## Membership Renewal

**Time to Renew Your Membership!** Trumbull Senior Center membership renewal is due no later than July 1, 2018.

The fee for residents is \$5.00 and non-residents is \$20.00.

All current members and new members are required to fill out a new membership application.

Drop it off or mail it with your payment to:

Trumbull Senior Center  
23 Priscilla Place  
Trumbull, CT 06611

*The Membership Makes This Place*

## 2017 SENIOR CITIZEN COMMISSION

**Chairman** - Amy DeZenzo

**Secretary** - Gail D'Elia

**Clerk** - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

## Meal of the Month

Corn Salad, Roasted Chicken, Spanish Rice, Peas and Fruit

*Thursday,*

*June 21st - 11:30 AM*

Suggested Donation \$3.25

**Reservations must be made (2) days in advance by**

**calling 203-378-3086**



Music will be played by **DJ Al Song!**

## Murder, Magic and Mayhem Play

**Wednesday, June 13th  
1:00 PM**

The Trumbull Senior Center's Drama club presents a murder mystery comedy play.

Refreshments will be served.

To RSVP, please call (203) 452-5199.



## CENTER HOURS

Monday through Friday  
9:00 AM—4:00 PM

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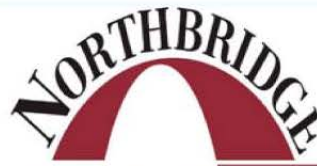
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Trumbull Senior Center

06-5293

## WORKSHOPS, LUNCH AND LEARNS, EVENTS

### **Barnum Festival Senior Dance**

**Tuesday, June 5th**

**12:00 PM—3:00 PM**

Enjoy an afternoon of dancing, food and fun at Captain's Cove Seaport in Bridgeport. Tickets can be purchased at the front desk. \$5.00 each, which includes a light lunch and a door prize. Seating is limited so purchase your tickets fast! For more information, please call (203) 452-5199.

### **Fire Safety**

**Tuesday, June 5th**

**2:00 PM**

Please join Trumbull's Fire Marshall, Meghan Murphy, for a presentation on fire safety tips. Refreshments will be served. For more information and to RSVP, please call (203) 452-5199.

### **Lunch and Learn**

#### **Count It, Lock It, Drop It**

**Wednesday, June 6th**

**10:30 AM**

Join Dena Miccinello, from TPAUD, our Wellness Nurse, Victoria Benoit, Trumbull EMS and Stop and Shop Pharmacy for a discussion to learn how to protect yourself and your loved ones from opioid and medication misuse and abuse. This presentation will cover proper medication storage, proper disposal and tips on how to help if you come across someone in an opioid overdose. Lunch will be served. To RSVP, please call (203) 452-5199.

### **Good Sleep As We Age**

**Monday, June 11th**

**10:30 AM**

Join us for an informative discussion about the importance of healthy sleeping habits. Snacks will be provided by Visiting Angels. To RSVP, please call (203) 452-5199.

### **Murder, Magic and Mayhem Play**

**Wednesday, June 13th**

**1:00 PM**

The Trumbull Senior Center's Drama club presents a murder mystery comedy play. Refreshments will be served. To RSVP, please call (203) 452-5199.

### **Birdhouse and Birdfeeder Craft**

**Monday, June 18th**

**1:00 PM**

Join the Trumbull Nature and Arts Center for a neat, birdhouse/birdfeeder decorative craft. \$4.00 per person, all supplies included. To RSVP, please call (203) 452-5199.

### **Veteran Benefit Screenings**

**Tuesday, June 19th**

**12:30 PM**

Ramon Agosto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all Veteran's benefits. Bring your discharge papers. Membership is not required to meet Ramon. To RSVP, please call (203) 452-5199.

### **Lunch and Bingo at Middlebrook Farms**

**Tuesday, June 19th**

**12:30 PM**

Join your friends at Middlebrook Farms for a fun game of Bingo. Lunch will be served. To RSVP, please call (203) 452-5199.

### **Author Talk with Charles Slack**

**Wednesday, June 20th**

**10:30 AM**

Trumbull resident and author Charlie Slack's book *Liberty's First Crisis* (Atlantic Monthly Press, 2015) tells of America's first great battle over free speech, in 1798. He will discuss how that epic battle informs our current national struggles over our most essential freedom. To RSVP, please call (203) 452-5199.

### **Bigelow Tea Presentation**

**Thursday, June 21st**

**1:00 PM**

Join Bigelow Tea for a presentation about their different variety of teas and the health benefits of drinking tea. Refreshments will be served. To RSVP, please call (203) 452-5199.

### **Organic vs. Non-Organic**

**Wednesday, June 27th**

**10:30 AM**

Veronica G. Waks, ND, licensed naturopathic physician, will be present to discuss different contemporary naturopathic approaches to healing with insights of a medical doctor. Come and try something organic! For more information and to RSVP, please call (203) 452-5199.



## PROGRAMS

### Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

### Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.



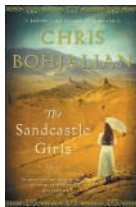
### The Book Club

#### June Book:

“Sand Castle Girls” by Chris Bohjalian

#### Discussion:

Monday, June 4th,  
11:00 AM



#### July Book:

“Where'd You Go, Bernadette?” by Maria Semple.

Monday,  
July 2nd,  
11:00 AM

### Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

### Monthly Birthday Party

Friday, June 22th

11:30 AM

Come celebrate our June birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, please call (203) 452-5199

### Lunch and Movie

Friday, June 29th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film: **The Post**—The staff of the Washington Post face a huge dilemma about whether or not to post a very top secret article in their paper—**Starring: Tom Hanks and Meryl Streep.** To RSVP, please call

### Save the Date!

### Glass Etching Class

With Michele

Wednesday, July 11th, 11:00 AM

Not a big crafter but want to make something personalized for friends or family? Join Michele Jakab and learn a simple craft that anyone can do. Learn how to etch glass! Tools are not required; supplies included. We will be using sticker stencils. If you have a favorite design, please

bring it with you.

You will go home with three simple projects. \$4.00 per person.



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Shampoo/set/blow dry: \$15.00  
Shampoo/cut: \$18.00, Neck Trim: \$10.00, Color/cut/set: \$50.00 +  
Perm/wash/cut/set/blow dry: \$65.00

## GAMES

### Super Bingo

Friday, June 22nd

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments!  
RSVP by calling (203) 452-5199.

Sponsored by the Senior Commission and SYNERGY Homecare.



### Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

### Bocce Ball Mondays 9:00 AM

With the welcome of Spring and the beautiful weather, join us outside for a fun game of Bocce Ball.

### Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

### Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

### Mah-Jongg

Wednesdays & Fridays

12:30 PM

New players are welcome to join!

## FITNESS CLASSES

### **Mondays:**

**Stretch/Strengthen with Nancy-9:00 AM** Stretch, balance, aerobic and strength exercises. Optional: bring weights.

**International Folk Dance with Leng -10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-2:00 PM** Focuses on rhythmic deep breathing, balance, strength and flexibility.

### **Tuesdays:**

**Fit for Life Exercise with Marylou-9:15 AM** Low-impact aerobic exercise/dance (including a weights segment).

**Ballroom Dance with Mike Stavola-10:30 AM** Ballroom dance lessons with or without a partner.

**Sit and Fit with Becky and Marylou-10:30 AM** A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

**Zumba Lessons with Mike Stavola-11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-1:30 PM** Focuses on improving balance, reducing stress and clearing your mind.

### **Wednesdays:**

**Yoga with Jeannie -9:00 AM** This exercise focuses on breathing, stretching, balance and flexibility movements.

**Jazzercise with Marylou-10:10 AM** Combination of low-impact aerobic exercise and dance.

**Tap Dance with Shirley-11:00 AM** Experience required. Please bring your own tap shoes.

**Qigong with Julie-12:30 PM** Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

### **Thursdays:**

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM** This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

**Strength Training with Gail-10:15 AM**

Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

**Feldenkrais with Cathy-11:30 AM** Awareness through movement. Learn the importance of proper movement techniques while sitting.

### **Fridays:**

**Zumba Gold with Jeannie-9:00 AM** Dance to international music while toning the entire body.

### **Fridays:**

**Tai Chi with David-10:15 AM** An ancient martial art that helps improve balance and relieve pain.

**Israeli Dance with Leng—11:30 AM** Israeli Dance is great exercise for your mind, body and soul. No experience necessary.

## ART CLASSES

### **Mondays:**

**Drawing with Christine-9:45 AM** This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

### **Tuesdays & Thursdays:**

**Watercolors with Sabine-9:30 AM** Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

### **Fridays:**

**Acrylic/Oil Painting with Christine-10:00 AM** A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

## COMMUNITY NEWS

### ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM: Applications accepted from April 1 to October 1, 2018

#### **ELIGIBILITY REQUIREMENTS:**

Applicant must be age 65 or 100% Disabled (18+) older as of December 2017

(\*\*\*\*Current proof of disability from Social Security must be provided\*\*\*\*)

**Applicant must have been a renter in Connecticut during 2017.**

**ANNUAL INCOME GUIDELINES: SINGLE: \$35,300.00 COUPLE: \$43,000.00 (Cannot Exceed)**

#### **PROOF OF INCOME FOR 2017:**

- 1) Social Security benefit statement for 2017 (1099) form
- 2) Bank interest statement and dividends for 2017
- 3) Pension Statement/Retirement/Annuity statements for 2017
- 4) Federal Tax Return for 2017 if filed
- 6) Any and all income from 2017 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at [www.socialsecurity.gov](http://www.socialsecurity.gov) and create an account where you can then print a benefits verification letter.

#### **PROOF OF EXPENSES PAID IN 2017:**

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

\*\*\*Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2017.\*\*\*

**Please call Social Services to schedule an appointment – NO WALK-INS PLEASE! 203-452-5133**

**Please note: Renters must apply for this program in the town in which they are living when the application is being filed.**

### COUPON COLLECTION



**The Social Services department is collecting grocery store coupons for their clients and food pantry savings. Drop off your un-used coupons at the Trumbull library near the food collection or in the Social Services office at the Senior Center.**

### *Lending Library*

Did you know we have a small book exchange here at the center? Stop by and check it out!

Borrow a book, keep a book, or donate a book.

Magazines too!

And don't forget we have a book club.

Inquire at the desk.



### WISH LIST

**SYMPATHY CARDS AND GREETING CARDS**

**-GROCERY STORE COUPONS**

**-DECAF COFFEE**

**-UNOPENED COOKIES AND CAKES**

**-UPDATED MAGAZINES**

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**Not Accepted:** inhalers, needles (sharps), hydrogen peroxide, aerosol cans, hazardous waste

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<http://www.trumbull-ct.gov/TPAUD>**



# MORE COMMUNITY NEWS






Greater Bridgeport Senior Community Cafe  
Trumbull Café 203-378-3086

## June Enhanced, 2018



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				<p>Spring Greens<sup>1</sup></p> <p>Gnocchi with Marinara Sauce and Ricotta Peas and Carrots</p> <p>Chocolate Cake</p>
<p>Tomato and Corn Salad<sup>4</sup></p> <p>Shredded Pork, Black Bean and Cheddar Cheese Enchilada String Beans</p> <p>Fruited Jell-O</p>	<p>Garden Salad<sup>5</sup></p> <p>Garlic and Herb Chicken Potato Gratin Peas and Carrots</p> <p>Apples</p>	<p>Tomato Soup<sup>6</sup></p> <p>Cream Ham, Cheese and Shells Beets</p> <p>Fruit Cup</p>	<p>Spinach and Tortellini Soup<sup>7</sup></p> <p>Sweet and Sour Meatballs White Rice Broccoli</p> <p>Pineapple</p>	<p>Chicken Noodle Soup<sup>8</sup></p> <p>Baked Lemon Fish Roasted Potatoes Vegetable Medley</p> <p>Chocolate Pudding</p>
<p>Spring Greens<sup>11</sup></p> <p>Turkey and Gravy Stuffing Carrots</p> <p>Fresh Fruit</p>	<p>Beet and Mandarin Salad<sup>12</sup></p> <p>Creamy Tomato Penne with Fresh Basil Peas</p> <p>Vanilla Pudding</p>	<p>Carrot Slaw<sup>13</sup></p> <p>Asian Chicken Brown Rice Broccoli</p> <p>Oranges</p>	<p>Mixed Greens<sup>14</sup></p> <p>Vegetable Chili with Cheddar Cheese Taco Shells Corn</p> <p>Fruit Cup</p>	<p>Cream of Mushroom Soup<sup>15</sup></p> <p>Swedish Meatballs Mashed Potatoes Green Beans</p> <p>Pineapple</p>
<p>Cole Slaw<sup>18</sup></p> <p>Slow Cooked Pork Loin Roasted Sweet Potato String Beans</p> <p>Fruit Cup</p>	<p>Three Bean Salad<sup>19</sup></p> <p>Mushroom Alfredo Pasta Broccoli</p> <p>Fruited Jell-O</p>	<p>Chicken Rice Soup<sup>20</sup></p> <p>Old Bay Fish Mashed Potatoes Vegetable Medley</p> <p>Fresh Fruit</p>	<p>Corn Salad<sup>21</sup></p> <p>Roasted Chicken Spanish Rice Peas</p> <p>Fruit Cup</p>	<p>Romaine Salad<sup>22</sup></p> <p>Beef Ravioli with Marinara Sauce Roasted Cauliflower</p> <p>Apple</p>
<p>Mixed Greens<sup>25</sup></p> <p>Tuna Casserole with Noodles Beets</p> <p>Mandarin Oranges</p>	<p>Tomato Soup<sup>26</sup></p> <p>Asian Vegetable Stir Fry Scallion Rice String Beans</p> <p>Pears and Whipped Cream</p>	<p>Garden Salad<sup>27</sup></p> <p>Spaghetti and Meatballs Roasted Broccoli</p> <p>Fresh Fruit</p>	<p>Asian Slaw<sup>28</sup></p> <p>BBQ Chicken Green Beans Corn Bread</p> <p>Banana Pudding</p>	<p>Romaine Salad<sup>29</sup></p> <p>Meatloaf and Gravy Mashed Potatoes Corn</p> <p>Fruit Cocktail</p>



## **The Travel Corner: *Let Your Journey Begin***

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Service animals and assistive devices welcome. Call to inquire. (203) 452-5137. Registration is required.

**Please note: Trip fees have been added to ensure that trips are not cancelled due to low participation. Due to the high cancellation rate, we ask for your help. Please notify the office at least 72 hours prior to the trip if you can not attend. Refunds will only be given within in 72 hours of the trip.**

### **Osborne Homestead Museum and the Valley Diner Restaurant Thursday, June 14th**

Visit the Osborne Homestead Museum in Derby. The museum celebrates the life of Frances Osborne Kellogg, an accomplished businesswoman and conservationist who was dedicated to preserving land for future generations. Enjoy lunch at the Valley Diner Restaurant.

Admission to the museum is free; transportation fee is \$2.00 per person, non-refundable. You are responsible for the cost of your lunch. To RSVP, please call (203) 452-5199.

#### **Bus Schedule:**

- Bus will leave the Center by 10:00 AM
- Osborne Homestead Museum from 11:00 AM –12:30 PM
- Valley Diner Restaurant 12:45 PM—2:00 PM

### **Need a Ride to the Doctor?**

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted.

Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611

#### **Our fabulous bus drivers:**

Jeanne Horvath  
Vincent Pavone  
Bill Schiappa  
Andy Mastrone

### **Cricket Car Hop and the Dollar Tree Thursday, June 28th**

Take a trip to the Dollar Tree in Stratford. Enjoy lunch at the new Cricket Car Hop!

Try one of their famous burgers.

Transportation fee is \$2.00, non-refundable; you are responsible for the cost of your lunch and shopping items.

To RSVP, please call (203) 452-5199.

#### **Bus Schedule:**

- Bus will leave the Center by 10:30 AM
- Dollar Tree from 11:00 AM—12:00 PM
- Cricket Car Hop from 12:30 PM—2:00 PM

### **The Shuttle Loop: Get a choice!**

Must RSVP: (203) 452-5199

**Estimated pick up time between 9:00 am-10:00 am**

Stores within the “Loop” include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, June 7th**
- **Thursday, June 21st**

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

### **Stop and Shop Schedule: Call for a pick up**

**(203) 452-5199**

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome. Must RSVP: (203) 452-5137



**Transportation is available for pantry shoppers.**  
**(riders must be at least 18 years of age)**



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>JUNE</h1>				9:00 Dance & Tone 1 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Israeli Dance</b> 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 4 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge <b>11:00 Book Club</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 5 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Sit and Fit</b> <b>11:15 Drama Club</b> 11:30 Zumba Lessons <b>12:30 Barnum Festival</b> 1:30 Tai Chi Quan <b>2:00 Fire Safety</b>	9:00 Yoga 6 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> <b>10:30 Medication Storage</b> 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	9:00 Balance & Core 7 <b>9:00 The Loop Shopping</b> 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 8 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Israeli Dance</b> 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 11 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker <b>10:30 Sleeping Present.</b> 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 12 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Sit and Fit</b> <b>11:15 Drama Club</b> 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 13 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong <b>1:00 Murder Mystery Play</b>	9:00 Balance & Core 14 9:30 Water Colors 10:00 Slim Approach <b>10:00 Osborne Museum</b> <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 15 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Israeli Dance</b> 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 18 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance <b>1:00 Birdfeeder Craft</b> 2:00 Yoga	9:15 Fit for Life 19 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Sit and Fit</b> 11:30 Zumba Lessons <b>12:30 Veterans Benefits</b> <b>12:30 Bingo-Middlebrook</b> 1:30 Tai Chi Quan	9:00 Yoga 20 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> <b>10:30 Author Charles Slack</b> 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 21 <b>9:00 The Loop Shopping</b> 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais <b>1:00 Bigelow Tea Presents</b> 12:30 Pinochle	9:00 Dance & Tone 22 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Israeli Dance</b> <b>11:30 Monthly Birthday</b> 12:30 Mahjong & Pinochle <b>1:00 Super Bingo</b> 1-4 Billiards Game
9:00 Stretch 25 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 26 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Sit and Fit</b> 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 27 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> <b>10:30 Organic vs Non</b> 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 28 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> <b>10:30 Cricket Car Hop</b> 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 29 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Israeli Dance</b> <b>11:30 Lunch &amp; Movie</b> 12:30 Mahjong & Pinochle 1-4 Billiards Game

**Genesis**

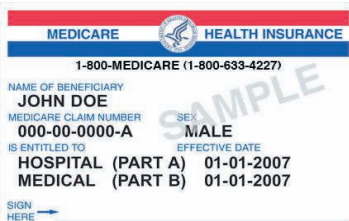
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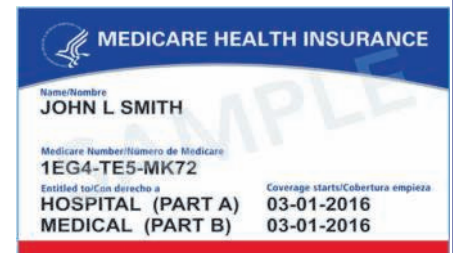
## NEWS FROM THE OUTREACH OFFICE *aka Social Services*



### Why will there be new Medicare cards?

The current Medicare cards have a Health Insurance Claim Number (HICN), and it is what your health care providers use to bill Medicare for the services you receive. Legislation requires the removal of this number from all Medicare cards to protect your identity.

New Medicare cards will no longer have a number based on your Social Security number but will instead have a new, unique Medicare number, which is a unique, randomly generated series of 11 uppercase letters and numbers. The new number is meant to address the risk of identity theft that comes from having a Social Security number on the Medicare card.



### What do I need to know about my new Medicare card?

- The New cards will automatically be mailed to you between April 2018 and April 2019. Remember you can verify your mailing address with Social Security so your card is sent to the right location. To contact Social Security, call 1-800-772-1213., visit [www.myssa.gov](http://www.myssa.gov), or go to the local office.
- The new cards will be mailed in waves through out the country
- There is **NO COST** to you to receive your new card.
- Your current Medicare coverage and benefits will not change.
- After you get your new card, destroy your old card. Start using your new card right away.
- The new card is paper, making it easier for providers to use.



### Transportation Resources for Trumbull Residents

In addition the Senior Center transportation programs, there are alternatives to help meet your needs. Call the Senior Center at (203) 452-5137 if you need any help in signing up for these programs.

- **Veterans-VA Hospital transportation** provides transport for eligible Vets including wheelchair services. 203-932-5711 ext. 3182, 3327
- **United Way 211 — Hotline**

For more information on mobility resources for Southwestern Connecticut, check out “KNOW HOW TO GO.” <http://www.knowhowtogocvt.org>.

- **Regional Mobility Management Project’s Taxi Voucher Program:** Rick Davis, Regional Mobility Manager, at (203) 365-8522 ext. 244.
- **GBT Access: Chin Stolze (203) 333-3031 ext 131**  
**Door-to-door Transportation**



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06-5293

## DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*

Take a look at our day and overnight trips. Everyone is welcome. **Membership or residency not required.**

E-mail Jeannie Franco with any questions [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov) or call (203) 452-5199.

Payment and trip policy forms are required before signing up.

To view all trip flyers, visit the Center or visit our website: <http://www.trumbull-ct.gov>

### **2018 Upcoming Trips**

- Essex Steam Train & Riverboat
- Block Island Breeze
- It's Showtime at the Delaney House
- Bobby Rydell at Aqua Turf Club
- *Anything Goes*, Westchester Broadway Theatre
- Newport, Return to Camelot
- The Big E
- Choctoberfest

### **Coins & Claws**

**Date: Thursday, July 12th**

**Cost: \$75.00 per person**

#### **Getaway Tours**

Includes: Roundtrip Motor-coach, Lunch at Abbott's, Casino Bonus Package, Taxes and Gratuities



### **Overnight Trips with Friendship Tours**

#### **Tour: Nashville Music City**

**Nashville, TN**

**Biltmore Estate-Asheville, NC**

**Opryland Hotel-Grand Ole Opry**

**Ryman Auditorium-General**

**Jackson Lunch Cruise**

**Dates: October 9th-16th**

**Deposit Date: July 17th**

**Final Payment: August 21st**

**Single: \$2,231.00 pp**

**Double/Triple: \$1,761.00 pp**

### **Locks & Lunch Cruise**

**Along the Hudson River**

**Saturday, July 14th**

**Cost: \$110.00 per person**

#### **Friendship Tours**

Includes: Roundtrip Motor-coach, lunch and cruise, all Taxes and Gratuities Including Driver and Tour Director.



### **Gloucester Lobster Cruise**

**Thursday, July 19th**

**Cost: \$120.00 per person**

#### **Tours of Distinction**

Includes: Roundtrip Motor-coach, Tours of Distinction Tour Director, Lobster Buffet Lunch, Cruise aboard the Beauport Princess, Free time in Rockport, All Taxes and Gratuities Including Driver and Tour Director.



### **Overnight Trips with Friendship Tours**

**Hurry! Deadline Soon!**

#### **Tour: Jesus Live On Stage**

**Lancaster, PA**

**Dates: September 5th-7th**

**Deposit Date: June 13th**

**Final Payment: August 1st**

**Single: \$561.00 pp**

**Double/Triple: \$451.00 pp**

### **Whale Watch**

**Thursday, July 19th**

**Cost: \$131.00 per person**

#### **Getaway Tours**

**Includes:** Roundtrip Motor-coach, Whale Watch, Restaurant Lunch, all Taxes and Gratuities



### **CT Sun vs. Seattle Storm**

**WNBA Basketball at  
MOHEGAN SUN ARENA**

**Friday, July 20**

**Cost: \$42.00 per person**

#### **Getaway Tours**

Includes: Transportation, Ticket to CT Sun game, Food Voucher and Casino Bonus to be used during your free time at the Casino, Driver's Gratuity



### **Overnight Trips with Tours of Distinction**

**Hurry! Deadline Soon!**

#### **Tour: Escape to Maine**

**Dates: September 5th-7th**

**Deposit Date: June 1st**

**Final Payment: July 9th**

**Single: \$855.00 pp**

**Double: \$599.00 pp**

**Triple: \$515.00 pp**